

COVID-19 INFORMATION

MAINTAIN SOCIAL DISTANCING

Keep 1-2 metres between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

alberta.ca/covid19

Alberta 

SOCIAL DISTANCING:

What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.



AVOID

USE CAUTION / LIMIT

wash hands or use hand sanitizer after, keep space from others

SAFE TO DO

keep space from others, wipe down plastics and wash hands after touching packaging

Playdates
Playgrounds
House Parties
Bars
Non-essential travel
Museums, Arcades,
Malls
Church Services
Sleep Overs
Concerts, Sporting
Events, Theater
Gyms
Group Hangouts
Weddings

Grocery Stores
Take Out Food
Pick Up Medications
Contact a Neighbor,
Friend or Relative to
ask if you can drop off
groceries/medication
at door

Watch TV
or Movie
(at home)
Read a Book
Play Video
Games
Listen to Music
Game Night
Yard Work
Take a Walk*
Go for a Hike*
Play in your
yard*

Video Chat
Take a Class
Online
Virtual Tour a
Museum
Paint
Cook
Offer Your Skills
to Others
Electronically
Be Creative

* Do these things alone or with
members of your household